



Dates to Remember	Term 4
Friday 8 November	Whole School Assembly 11.30 am
Monday 11—Friday 22 November	Intensive Swimming Program
Monday 18 November	Jerral Puppets Preschool
Thursday 21 November	Jerral Puppets Preschool

Dear Parents,

Anaphylaxis Update (an excerpt from 'Side By Side' written by Kim Cotton)

'A quick response by school staff earlier this year was critical in stabilising the condition of two students who suffered suspected anaphylactic reactions.

In the first incident, the student was attending an organised after-school activity when he felt unwell and rapidly developed a rash. Applying the steps learnt from anaphylaxis training the staff administered an adrenalin auto injector and an ambulance was called.

In the second incident, a student on a school excursion felt unwell and was short of breath. The school staff administered a general use adrenalin auto injector from the first aid kit taken on the excursion before the student was taken to hospital. Subsequent testing confirmed the student was at risk of anaphylaxis due to food allergy. The student now has an individual health care plan to support her at school.

Improving the ways schools support students at risk of anaphylaxis has been a department focus. It follows a NSW's coroners recommendations based on a student's tragic death in 2011 from severe anaphylactic reaction while at school.

The recommendations included:

- Improving training for teachers and other staff.
- Improving anaphylaxis action plans displayed in schools.
- Making clearer the instructions for use of an auto injector and
- Considering restricting as far as possible the availability of nuts on school premises and elimination of the use of nuts in school cooking classes.

It's about doing what you can to minimise risk in an environment where risk can never be removed.'

The staff at Waratah Public School are fully trained but as you can see from these examples it would be a terrifying event for anyone to have to go through. Please consider how you can support our school in preventing this issue occurring here. You may discuss with your child alternate spreads on sandwiches other than peanut butter. Also, keep in mind we have 7 students across our school in all grades, with nut allergies. Does your child know who they are? Do you know? Does your child wash their hands after eating their lunch every day, to prevent cross contamination of nut products on toys and play equipment?

Please consider the effects some food products have on others before choosing to send to school, those containing nuts.

10 Things You Didn't Know About ...Mrs Haddow

1. I was born in Waratah, at a local hospital, and have spent 18 years teaching as an ESL and occasional LOTE teacher in Waratah—so the apple doesn't roll far from the



tree.

2. I wanted to be an archaeologist when I was young. I was fascinated by Ancient Egypt, Greece and Rome, and I loved adventure stories about tombs and temples.

3. I love reading—mysteries, fantasy, science fiction, travel stories.

4. I play computer games—my favourites are role playing epic games, strategy and puzzle games.

5. My favourite animals are dogs and orang-utans.

6. I love travelling. My favourite places are Indonesia, Malaysian Borneo, Cambodia and India.

7. I lived in India for two years, and had a wonderful time there.

8. I am an avid photographer, especially when I travel.

9. I love art and music. I like to see the way artists view the world, and there's nothing like a great song.

10. I enjoy my job, I've taught some really great children. I don't even mind doing playground duty when it's sunny and warm.

Distance Education: Revised Enrolment Procedures

These have been developed to provide principals and parents/carers with information and direction on accessing the Department's provision of distance education. The new Procedures supersede the *2011 Distance Education Guidelines*.

The Rural and Distance Education team provides policy support and advice to schools across NSW, state offices and parents/carers. For further information or assistance please contact Learning and Leadership on 02 6334 8072 or

<http://www.schools.nsw.edu.au/rde>.

David Cullen

R/Executive director, learning and leadership

A Personalised Learning Plan Workshop

This will be held for teachers, principals and community members to have the opportunity to reflect on good practice in developing personalised learning plans for Aboriginal and Torres Strait Islander students.

The workshop focus is designed to encourage schools and teachers to identify ideas on what approach would be successful in their local school environment.

The workshop will provide ideas and key practice principles on how schools and teachers can effectively develop and maintain a personalised learning plan, involving the student and the parents/carers in the process, or how to improve similar plans schools may already have in place for Aboriginal and Torres Strait Islander students. The PLP workshop will be held on Friday 6 December at HVHA TAFE, Kurri Kurri.

Expressions of Interest are invited from schools who wish to attend the workshop.

Morning tea and lunch will be provided.

A school team must include two parent or community members.

If you are a parent interested in assisting our staff on this day please contact the school ASAP.

STILL-Wanted-Gloss Paint!

We require some gloss paint for our shelves in the canteen.

If you have some spare can you please drop it off at the canteen.

Foster Care in the Hunter & Central Coast areas

I am writing on behalf of several HCC Non Government Out of Home Care Agencies to ask for your support in a very important initiative – help in raising awareness of foster care and the need for more foster carers in **the Hunter & Central Coast area**.

Did you know that about one in every 100 children in New South Wales is in Out of Home Care? In order to raise awareness of the issue, the Association of Children's Welfare Agencies (ACWA) has launched Fostering NSW - a statewide recruitment campaign urging people to open their hearts and to consider becoming a foster carer.

As non government out of home care agencies involved in this campaign, we are calling on **Hunter Central Coast Primary and High School communities** to help meet an urgent need for foster carers. Our region particularly needs foster carers for primary

school aged sibling groups and respite (short-break) carers. As a local school, you would see first-hand the positive impact that a stable upbringing and a loving home can have on a child's life. You also have access to a range of people who may be in a position to change lives by becoming foster carers.

You can find out more about Fostering in NSW by visiting the Fostering NSW website, or about the campaign by visiting <http://www.acwa.asn.au/fcrc/index.php>. I am also available to discuss our local foster care recruitment needs on **49330077**.

We all share responsibility for the safety and wellbeing of children in our communities. With your support we hope to increase the number of foster carers who are able to care for some of the most vulnerable children and young people in the Hunter and Central Coast.

Thanking you in anticipation of your support,
Kind Regards

Karen Tetlow Out of Home Care Manager
Chairperson HCC Carer Recruitment

Family Action Centre, University of Newcastle

The Family Action Centre, University of Newcastle will be hosting a free Rock and Water Parents Information Session.

DATE: Saturday 16 November

VENUE: Forum located at the University of Newcastle, Callaghan Campus.

TIME: 11.30 am—12.30 pm

COST: free

Rock and Water is an early intervention program. It offers a unique way for boys and girls to interact in relation to their physical and social development which leads from simple, harmless self confidence, boundary and communication exercises to a strong notion of self confidence.

ROCK and Water is about empowerment

- Developing positive communication
- Anti-bullying
- Awareness of feelings and emotions
- Developing a feeling of safety and identity
- Developing positive relationships
- Increasing self confidence
- Building resilience

- Increasing respect for self and others.
- The purpose of running this presentation was in response to a short video of the 3 day Rock and Water Training Program sent to the University's community networks (video link in promo). As a result many parents from the Hunter and Central Coast regions contacted the University wanting to know more about the program.

The presentation will be made by the program founder Freerk Ykema, Gadaku Institute during his visit to Australia in November. Parents need to understand the benefits of learning basic skills where they can support their child by incorporating the philosophy, skills and language at their home. View the Youtube video: Rock and Water 3 Day Training Course

<http://www.youtube.com/watch?v=z5yjk8XtI58&feature=share&list=UUZyIUy9cnB6GWicod4vskwQ>

RSVP to Events Team, Family Action Centre
49216403

2013 SCHOOLS SPECTACULAR TICKETING (30th Anniversary)

Tickets are on sale now.

Visit www.schoolsspectacular.com.au

To be held at the Sydney Entertainment Centre:

Friday 29 November

12.00pm School's Preview

Friday 29 November

7.30pm Evening Performance

Saturday 30 November

2.00pm Matinee

Saturday 30 November

7.30pm Evening Performance

PARENT HELPERS MORNING TEA

DATE: 29 November 10.30 am—11.30 am

We thank all the helpers and hope you can make this morning tea to allow us to thank you for all your help and support, no matter how small or large.

Presentation Day 2013 –

At the end of the year we are holding two presentation day ceremonies on

Wednesday 11 of December,

The Years 3—6 ceremony is at 10.00 am and the K—2 ceremony is at 11.45 am, approx.



For those parents who would like to attend both presentations, there will be morning tea between the ceremonies.

Please mark the date on your calendar...

Regards

Mrs Butler

Office News

Due to the DEC end of year financial rollover there will be no eftpos and payment facilities from 20 November to 2nd December. Cash payments will be accepted but will not be receipted until 3 December.

Thank you

Parking

Please be considerate of other parents when parking around the school. We know parking is a premium and have received numerous complaints about this problem. Thank you for your assistance in this matter.

Selective high schools application

Online applications opened on 15 Oct 2013

Entry to Government Selective High Schools for Year 7 in 2015

Application is required by mid November 2013 for parents or carers of Year 5 students who wish their children to be considered for placement in Year 7 at a selective high school in 2015. Parents with internet access are requested to apply online. Online applications will be available from 15 October to 18 November 2013. Application information is available on the Department's internet at:

www.schools.nsw.edu.au/shsplacement

For parents without internet access a limited number of paper application forms will be available from the school. Paper applications must be submitted to the student's school principal by 18 November 2013.

All students seeking Year 7 entry to a selective high school in 2015 will be required to take the Selective High School Placement Test on the morning of Thursday 13 March 2014.

2014 BUS PASSES

If you have a child in **Year 2 this year** who has a bus pass and you would like them to have a pass next year (Year 3 2014), you will need to complete a new application form. Passes do not carry over from infants to primary. Any student who has changed address or will change address before the 2014 school year commences should also complete a new application form. Please ensure you tick the box for travel **next** year.

Remember, your child is eligible for a bus pass if:

they are an infant student (K-2) **OR**

they are in primary (3-6) and live outside the 1.6 km radius from the school.

Callaghan College Invitation

Afternoon Workshop for students K—6 in 2014

Callaghan College will be holding an afternoon workshop for Gifted and Talented students in the Callaghan Education Pathways (CEP). Emily Scanlan, psychologist, who is working closely with the Equity Unit at the University of Newcastle has kindly offered her services and expertise.

This workshop is open to all students and their parents, as well as school teachers.

The program is designed to address the specific needs of these students and also satisfy parent and teacher questions around optimal student learning. They would also like to take this opportunity to survey teachers, parents and students regarding future directions for 2014 and beyond. This approach could provide a starting point for rich consultation and program development with the University of Newcastle.

A parent information note has been given to the applicants and copies are at our office.

Details 5.00 pm—6.00 pm

Monday 18 November, Lecture Hall, Callaghan College Jesmond Senior Campus, Janet Street Jesmond.

Please reply to Waratah Public School by **14 November**.



Christmas Hamper Raffle



We are looking for donations for the Christmas Hampers. See the list below for ideas.

Please place in the box outside the canteen.

Thank you for your support.



Twilight Concert

Friday 13 December

5.00 pm-7.30 pm

Christmas Gift Stalls

Raffle Draw

Carols and Santa

BBQ and Drinks

NB: You can pre-order your sausage sandwich and drinks. Please see the form in the bulletin.

CANTEEN ROSTER

Thursday	14 November	J Sparks R Peterson
Friday	15 November	D Williams R Embleton
Monday	18 November	R Ervine J Gee
Tuesday	19 November	J Sparks K Ellis
Wednesday	20 November	K Mavridis J Gee

Some Hamper Donation Ideas

Savoury Biscuits

Sweet Biscuits

Muesli Bars

Lollies

Spreads

Chips

Minced Pies

Nibbles – nuts etc.

Cake Mix

Pancake/Pikelet Mix

Noodles

Pasta

Sauces – Tomato, BBQ, Apple etc.

Pesto

Tomato Paste

Gravy Powder

Stock

Jams and Conserves

Pickles/Chutney

Marinades

Tinned Food – Fruit and Veg

Tinned Tuna etc.

Baked Beans etc.

Pasta Sauce

Bon Bons

Wrapping Paper

Sticky Tape

Wrapping Decorations

Christmas Tree Decorations

Napkins

Foil

Cling Wrap

Baking Paper

Soft Drink

Juice

Cordial

Apple Cider

Anything that would help for Christmas Lunch or feed the kids during the holidays.

Merry Christmas and Thank You

The NEW strict parent - is this you?

The definition of a strict parent has changed over the last decade. Do you fit the bill?

Your parents are so strict!

Some parents in years gone by wore the label of 'strict' parent like a badge of honour. It signified parents who were willing to stand their ground with kids.

Strictness was reserved for parents who put boundaries in place and made sure they were adhered to, such as being home on time, or not watching too much TV.

There's a now a NEW definition for a 'strict' parent.

A 'strict' parent today is now someone who makes children do things for themselves and insists they help at home. They insist their children put their dirty clothes in the laundry, and maybe even wash their own clothes. They insist kids make their own lunches in secondary school. They insist that their kids set the meal table without giving them a cent in return.

'Strict' now refers to getting kids to help rather than placing restrictions on them.

Many parents tell me that they get funny looks when their children help them with the supermarket shopping. When their kids walk a kilometre home from sports or a leisure activity they are made to feel like neglectful parents. How bizarre!

New normal

The new parenting normal is for parents to do a lot for your kids, rather than kids do things for themselves. Anyone who strays from this new normal and develops real independence in their children can be made to feel guilty ... because they are strict!

Nobody feels like doing chores, but tackling hard things such as doing chores when you don't feel like it builds character.

It develops a bit of grit that kids can draw on later when they will

really have to push against adversity.

Do less, not more

The job of parents is to make themselves redundant for their kids – not in a relational sense, but in a managerial sense.

There is nothing revolutionary about this idea. It's been the aim of parents since the dawn of time. That means we spend a lot of time teaching kids self-help skills (now known as life skills), which are the ordinary gist of life.

These include teaching young children to tie their shoelaces and helping primary-aged kids to ask for what they want from adults. They also include coaching teenagers to negotiate their way safely on public transport and to problem-solve relational issues they may have with teachers at school.

These are not the activities of 'strict' parents. Rather they are the activities of parents who understand that one of their key roles is to equip kids to stand on their own two feet in the world outside the family home.

The fact is that the best place to do this is within the family. And the best time to start developing independence is from a young age ... when kids are up for it developmentally.

Don't wait until your children are 18 to develop self-help skills.

If you introduce self-help then, my bet is they won't think you are strict ... they'll think you've been a soft touch all along and they'll now battle you all the way!

But that's a story for another day.

In the meantime, if the definition of 'strict' has changed then I urge you to be strict! Your kids will thank you ... later on, when you've equipped them with the problem-solving and independence skills needed to negotiate the wider world without you.

Term 4 Calendar 2013

T4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	11 November Prospective leaders Speeches Intensive Swimming	12 November Intensive Swimming	13 November Intensive Swimming	14 November Intensive Swimming	15 November Intensive Swimming
7	18 November Jerral Puppets Preschool All Library Books due Intensive Swimming	19 November Waratah High School Open Afternoon 4pm- 5.15pm Intensive Swimming	20 November Intensive Swimming	21 November Jerral Puppets Preschool Intensive Swimming	22 November Intensive Swimming
8	25 November	26 November	27 November School Disco P-6 –See note	28 November	29 November Thank you Morning tea 10.30—11.30
9	2 December P&C Dinner	3 December Canteen student Christmas lunch Preschool Christmas Concert	4 December Scripture service In the hall 9.15 Orientation Day at WTH for Year 6	5 December Pre-school Christmas Concert	6 December Whole School Assembly 11.30 am
10	9 December	10 December Rehearsals for presentation Day	<i>11 December</i> Presentation Day Years 3—6 10.00 am Years K—2 11.45 am Reports Go Home! Year 6 farewell	12 December	13 December Last Canteen Day St 2 Party Day Twilight Picnic 5.00—7.30
11	16 December K-2 Party day	17 December St 3 Party Day	18 December Students Last Day 2.30 Year 6 clap out	19 December SDD	20 December SDD

The simplest way

to increase your fruit and veg intake

Myth: Frozen and canned fruit and vegetables don't count towards your recommended daily intake of fruit and vegetables.

The facts:

- Frozen and canned fruit or vegies are great alternatives when fresh varieties are out of season, unavailable or more expensive
- Frozen and canned vegetables are usually packed shortly after picking, so few nutrients are lost
- Varieties with no added sugar or salt are the best choice, so check the label to make sure you're making the best choice!



Hint: Look for tinned fruit in natural juice rather than syrup, and serve with a reduced fat natural yoghurt and honey for a sweet afternoon snack!

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



The simplest way

to include 5 food groups in the Lunch Box

It's really important your kids eat the right amount of fruit and veg, and food from all 5 food groups.

Follow this easy guide to pack the healthiest lunch box:

Breads and cereals: Try wholemeal bread, wraps and pita.

Fruit: It's high in fibre, vitamins and minerals. Serve fruit in fun ways; try fruit kebabs or fruit in jelly, and remember kids are more likely to eat it if it's cut up into small pieces.

Vegies: Pack carrot and celery sticks with hummus or salsa, or even a vegie slice.

Reduced Fat Dairy: A slice of cheese, yoghurts and custards are all great lunchbox items.

Lean Protein: Include a variety of sandwich fillings: cooked chicken, tuna, egg or roast meat. Legumes like red kidney beans and chickpeas are a good source of protein, and a great source of fibre too!



For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



CHRISTMAS FEAST

The Canteens last special lunch for the year is 'Christmas Roast' on **Tuesday 3 December**.

Lunch will consist of roast potato, chicken, peas and gravy, drink, dessert and treats.

Cost \$7.00

If you would like to order please send in order form and money to canteen **NO LATER THAN FRIDAY 29 NOVEMBER - NO OTHER HOT FOOD WILL BE AVAILABLE ON THIS DAY**

NAME _____ CLASS _____

PLEASE TICK YOUR CHOICES

- | | | |
|--------------------------------------|---------------------------------------|--|
| <input type="checkbox"/> POTATO | <input type="checkbox"/> CHICKEN | <input type="checkbox"/> JELLY WITH M&MS |
| <input type="checkbox"/> PEAS | <input type="checkbox"/> GRAVY | <input type="checkbox"/> LOLLY TREAT |
| <input type="checkbox"/> APPLE JUICE | <input type="checkbox"/> ORANGE JUICE | <input type="checkbox"/> GIFT |
| <input type="checkbox"/> WATER | | |

✂

2013 Twilight Concert Friday December 13

Sausage Sizzle Order Form

Name _____ Class _____

Contact Number(s) _____

_____ Sausage Sandwiches @ 2.50 each Total \$ _____

_____ Drinks @ \$2 each Total \$ _____

Order Total \$ _____

Please place your order and money in the P&C Post Box in the office foyer by

Wednesday 11 Dec 2013

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Twilight Picnic Helpers

We are looking for volunteers to help at the Twilight Concert on Friday 13 December. If you can spare some time selling gifts or sausages and drinks it would be greatly appreciated.

Name _____ Phone _____

I can help on the

- Gift Stalls** **BBQ** **Drinks Stall**

Please place in the P&C box in the office foyer

Call Anne for more details 49688817

Thank you for your support